

# Qorista Daawada Opioids ee loo Cuno Xanuunka Qayb Ahaan daran (xanuun socda lix ilaa labo iyo toban asbuuc)

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## Shuruudaha Qorista Daawada Opioid 2018

Intii udhaxaysay sanadihii 1999 ilaa 2016, dad kabadan 200,000 oo kudhaqnaa dalka United States ayaa udhintay sababo laxariira daawada opioid oo ay iska badiyeen (CDC, 2017). Waxaa la ansixiyay Sharciga Gobalka Washington oo soobaxay sanadkii 2017 kaasoo dhigaaya in laqoro xeerarka qorista daawada opioid ayadoo laga jawaabaayo masiibo gobalka oo dhan kajirta oo



Tirakoobka Gobalka  
Washington ee laxariirta  
daawada Opioid

1,615 qof ayaa isbitaal loodhigay kadib markay si khaldan u isticmaaleen daawada (2017)



14,389 qof ayaa a diiwaangashay kuwasoo xanuuno kaqaaday isticmaalka opioid (2015)



324,000 oo qof oo da'doodu tahay 12+ sano oo si khaldan u isticmaalay daawooyinka opioids sanadkii lasoodhaafay kaliya (2016)

Daawooyinka Opioid waa kuwo qofku laqabsado uusana iskadayn karin qofkastana wuxuu halis ugu jiraa inuu maandooriyo kadhibto daawada opioid. Badbaadi naftaada iyo dadka kalaba adoo yaraynaaya isticmaalka, qashinka kudaraaya dhamaan daawooyinka aad la isticmaalin, baranaayana sida lagu aqoonsado astaamaha in daawada opioid kugunoqotay deroogo iyo inkale.

## Waxa ay tahay inaad ogaato kabukaan ahaan

- Daryeel bixiyaasha caafimaadka gaarka ah, talaaboooyinka, nidaamyada, farmashiyaasha, iyo shirkadaha caymiska ayaa soosaari kara xeerar kuwii hore kasii adag oo ku aadan daawooyinka opioids
- Baro daawada laguu qoro, raac tilmaamaha, waligaana hacunin wax kabadan intii laguu qoray.
- Markaad daawada opioids aad muddo dheer cunayso, jirkaaga ayaa balwad kadhigan kara dawada. Daawada opioids ayaa sidoo kale noqon karta mid aan waxtar kuulahayn maadaama jirkaagu laqabsaday.
- Siiwadida isticmaalka daawada opioids intaad kujirto daawaynta xanuunka dhexdhexaadka ah waxay keeni kartaa isticmaalka daran ee daawada opioid.
- Waydii daryeel bixiyahaaga caafimaadka dookhyada daawaynta nooca kale ah ee xanuunka aad uheli karto.

Noocyada ugu badan ee daawooyinka opioids waa oxycodone, hydrocodone, codeine, tramadol, fentanyl, morphine, iyo methadone. Daawooyinka opioid waxaa kuuqori kara dhakhaatiirta caafimaadka si loodaaweeyo xanuunka nooca dhexe ilaa kan daran, laakiin daawooyinkaan ayaa keeni kara dhibaatooyin kadhasha iyo haliso daran oo dhanka caafimaadka ah, sida inaad daawada laqabsato, inay balwad kuunoqoto, inaad daroogo ahaan u adeegsato, iyo inaad iskabadiso.

Waa muhiim inaad raacdoo tilmaamaha daawada markaad qaadanayo daawada opioids aadna markasta runta usheegto dhakhtarkaaga wixii laxariira daawooyinka kale ee aad qaadanayo. Waa inaad kadheeraataa cabista khamriga ama kashaqaynta mashiinada adag markaad cunayso daawada opioid.

## Lasoco macluumaadkaaga. Taxadar. Cidna Daawada hala wadaagin.



### Waa maxay halisaha jira?

- Kudaroogoobida opioid
- Inay balwad kuunoqoto
- Inaad dhacdo ama shilal gasho
- Inaad xasaasiyad kaqaado xanuunka
- Inaad iskabadiso

### Halisaha ayaa intaas kasii waynaan kara markaad tahay:

- Xaamilo
- Aad horay maandooriyaasha u adeegsan jirtay
- Aad kawayn tahay da'da 65
- Xaaladaha caafimaadka dhimirka
- Kudarista daawooyin kale (tusaale: daawada hurdada ama walaaca)



### Meel amaan ah kuxaree

- Marna cid kale hala wadaagin ama kagadin daawadaada opioid
- Gali daawooyinka opioid meel xiran ama saar meel amaan ah
- Kafogee daawada caruurta saarna meel aysan dadka kale arki karin
- Kudhaaf dhaladeeda hore ayadoo calaamadu kudhagantahay



### Dhibaatooyinka kadhalan kara daawada

- Lalabo, matag, iyo afka oo kuqalala
- Dibiro
- Hurdo aan dhamaan iyo caajis
- Wareer
- Xanuunka sababa joojinta daawada—qaadashada daawada opioids aad joojiso ama ah dhibaato kadhalata joojinta daawada.
- Haddii qof qaato kuuro yar oo kamid ah daawada opioids, waxaa suuragal ah inaysan arkin wax astaamo ah oo ay daawada balwad kadrigtaan ah ama xanuun markay daawada joojiyaan qabta.



### Kuridida daawada meesha qashinka loogu talagalay

Qasab maaha inaad cunto dhamaan daawooyinkaaga opioid. Si aad uhesho meesha kuugu dhaw ee aad kucelin karto daawada in qashinka loogu rido daawada aadan isticmaalin, fadlan booqo:

- [takebackyourmeds.org](http://takebackyourmeds.org)
- [med-project.org](http://med-project.org)
- [doh.wa.gov/safemedreturn](http://doh.wa.gov/safemedreturn)